

**Grade** 5                    **FitwareNo** 1.0                    **FitwareSpecific** 5.1.0

**Fitware Grade Level Standard**

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

**Fitware Unit Level Standard**

**State Standard**

Use locomotor and non-locomotor skills in a mature form.

**Grade** 5                    **FitwareNo** 1.0                    **FitwareSpecific** 5.1.0

**Fitware Grade Level Standard**

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

**Fitware Unit Level Standard**

**State Standard**

Use manipulative skills in a mature form.

**Grade** 5                    **FitwareNo** 1.0                    **FitwareSpecific** 5.1.0

**Fitware Grade Level Standard**

Demonstrates speed, accuracy and control using the mature form for fundamental movement and manipulative skills.

**Fitware Unit Level Standard**

**State Standard**

Use combinations of mature (proper) movement forms, including locomotor, non-locomotor, and manipulative skills.

**Grade** 5                    **FitwareNo** 2.3                    **FitwareSpecific** 5.2.3

**Fitware Grade Level Standard**

Describes how the qualities of movement (e.g., space, time, force) are used in basic game tactics.

**Fitware Unit Level Standard**

**State Standard**

Apply movement tactic in simple and modified activities.

**Grade** 5                    **FitwareNo** 3.1                    **FitwareSpecific** 5.3.1

**Fitware Grade Level Standard**

Engages in moderate physical activity for 60 minutes 5 days each week.

**Fitware Unit Level Standard**

**State Standard**

Participates regularly in physical activities that contribute to an active lifestyle and bring personal enjoyment.

**Grade** 5                    **FitwareNo** 4.1                    **FitwareSpecific** 5.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Use appropriate methods to monitor physiological changes before, during, and after physical activity.

**Grade** 5                    **FitwareNo** 4.2                    **FitwareSpecific** 5.4.2.03

**Fitware Grade Level Standard**

Designs a cardiorespiratory and body composition fitness plan including a warm-up and cool-down for 1 day.

**Fitware Unit Level Standard**

Describes overload, specificity, regularity, individual differences, and progression and how they relate to each area of health-related fitness.

**State Standard**

Identify the components of health-related physical fitness.

**Grade** 5                    **FitwareNo** 4.2                    **FitwareSpecific** 5.6.4

**Fitware Grade Level Standard**

Describes the physical benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Describe ways in which moderate to vigorous physical activities can improve the health-related components of fitness.

**Grade** 5                    **FitwareNo** 5.2                    **FitwareSpecific** 5.5.2

**Fitware Grade Level Standard**

Accepts responsibility for personal safety during physical activity.

**Fitware Unit Level Standard**

**State Standard**

Identify procedures for safe participation in physical activities.

**Grade** 5                    **FitwareNo** 6.4                    **FitwareSpecific** 5.6.4

**Fitware Grade Level Standard**

Describes the physical benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Describes health-related benefits of regular participation in physical activities.

**Grade** 6                    **FitwareNo** 1.0                    **FitwareSpecific** 6.1.0

**Fitware Grade Level Standard**

Demonstrates the mature form for specialized skills and combinations during cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

**Fitware Unit Level Standard**

**State Standard**

Use mature movement forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.

**Grade** 6                    **FitwareNo** 1.0                    **FitwareSpecific** 6.2.5

**Fitware Grade Level Standard**

Describes the critical elements of specialized skills and combinations in cooperative; lead-up or simple target, invasion, field, net; stunts and tumbling; and dance activities.

**Fitware Unit Level Standard**

**State Standard**

Identify strategies (critical elements) to improve performance of movement skills.

**Grade** 6                    **FitwareNo** 1.0                    **FitwareSpecific** 8.1.0

**Fitware Grade Level Standard**

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

**Fitware Unit Level Standard**

**State Standard**

Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.

**Grade** 6                    **FitwareNo** 1.0                    **FitwareSpecific** 6.2.1

**Fitware Grade Level Standard**

Explains how to provide appropriate feedback to a partner who is developing or improving specialized skills.

**Fitware Unit Level Standard**

**State Standard**

Identify strategies (critical elements) to improve performance of movement skills.

**Grade** 6                    **FitwareNo** 2.1                    **FitwareSpecific** 6.2.3

**Fitware Grade Level Standard**

Describes offensive strategies for cooperative and bowling activities, and offensive and defensive strategies for simple invasion, field, and net activities.

**Fitware Unit Level Standard**

**State Standard**

Describe basic strategies for simple and modified activities.

**Grade** 6                    **FitwareNo** 3.1                    **FitwareSpecific** 6.3.1

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5 days each week.

**Fitware Unit Level Standard**

**State Standard**

Participate regularly in moderate to vigorous physical activities to meet personal goals.

**Grade** 6                    **FitwareNo** 3.2                    **FitwareSpecific** 6.3.2

**Fitware Grade Level Standard**

Describes opportunities in the local community for regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Identify opportunities for physical activity outside of the physical education class.

**Grade** 6                    **FitwareNo** 4.1                    **FitwareSpecific** 6.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Set goals for improving the components of personal health-related physical fitness.

**Grade** 6                    **FitwareNo** 4.2                    **FitwareSpecific** 6.4.2

**Fitware Grade Level Standard**

Designs a 1-day personal health-related fitness plan.

**Fitware Unit Level Standard**

**State Standard**

Describe the principles of training and conditioning and how they affect the components of health-related fitness.

**Grade** 6                    **FitwareNo** 5.2                    **FitwareSpecific** 6.5.2

**Fitware Grade Level Standard**

Accepts responsibility for safely completing assigned role when working with a small group during physical activity.

**Fitware Unit Level Standard**

**State Standard**

Apply rules and etiquette for safe participation in physical activities.

**Grade** 6                    **FitwareNo** 6.4                    **FitwareSpecific** 6.6.4

**Fitware Grade Level Standard**

Describes the health benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Explain the relationship between a healthy lifestyle and regular participation in physical activities.

**Grade** 7                    **FitwareNo** 1.0                    **FitwareSpecific** 7.1.0

**Fitware Grade Level Standard**

Demonstrates the mature form for specialized skills and combinations during individual and dual activities.

**Fitware Unit Level Standard**

**State Standard**

Use mature movement forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.

**Grade** 7                    **FitwareNo** 1.0                    **FitwareSpecific** 7.2.5

**Fitware Grade Level Standard**

Explains the critical elements of specialized skills and combinations in individual and dual sports.

**Fitware Unit Level Standard**

**State Standard**

Identify strategies (critical elements) to improve performance of movement skills.

**Grade** 7                    **FitwareNo** 1.0                    **FitwareSpecific** 8.1.0

**Fitware Grade Level Standard**

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

**Fitware Unit Level Standard**

**State Standard**

Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.

**Grade** 7                    **FitwareNo** 1.0                    **FitwareSpecific** 7.2.1

**Fitware Grade Level Standard**

Explains the process of setting appropriate goals, appropriate practice, and monitoring changes in the development of specialized skills.

**Fitware Unit Level Standard**

**State Standard**

Identify strategies (critical elements) to improve performance of movement skills.

**Grade** 7                    **FitwareNo** 2.1                    **FitwareSpecific** 7.2.3

**Fitware Grade Level Standard**

Explains offensive/defensive strategies for net and target sports.

**Fitware Unit Level Standard**

**State Standard**

Describe basic strategies for simple and modified activities.

**Grade** 7                    **FitwareNo** 3.1                    **FitwareSpecific** 7.3.1

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/5/60 minutes 5/5/6 days each week.

**Fitware Unit Level Standard**

**State Standard**

Participate regularly in moderate to vigorous physical activities to meet personal goals.

**Grade** 7                    **FitwareNo** 3.2                    **FitwareSpecific** 7.3.2

**Fitware Grade Level Standard**

Describes opportunities in the larger community for participation in individual and/or dual physical activities.

**Fitware Unit Level Standard**

**State Standard**

Identify opportunities for physical activity outside of the physical education class.

**Grade** 7                    **FitwareNo** 4.1                    **FitwareSpecific** 7.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Set goals for improving the components of personal health-related physical fitness.

**Grade** 7                    **FitwareNo** 4.2                    **FitwareSpecific** 7.4.2

**Fitware Grade Level Standard**

Designs a 1-week personal health-related fitness plan.

**Fitware Unit Level Standard**

**State Standard**

Describe the principles of training and conditioning and how they affect the components of health-related fitness.

**Grade** 7                    **FitwareNo** 6.4                    **FitwareSpecific** 7.6.4

**Fitware Grade Level Standard**

Describes the social benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Explain the relationship between a healthy lifestyle and regular participation in physical activities.

**Grade** 8                    **FitwareNo** 1.0                    **FitwareSpecific** 8.1.0

**Fitware Grade Level Standard**

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

**Fitware Unit Level Standard**

**State Standard**

Use mature movement forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.

**Grade** 8                    **FitwareNo** 1.0                    **FitwareSpecific** 8.2.5

**Fitware Grade Level Standard**

Explains critical elements of specialized skills and combinations in team sports.

**Fitware Unit Level Standard**

**State Standard**

Identify strategies (critical elements) to improve performance of movement skills.

**Grade** 8            **FitwareNo** 1.0            **FitwareSpecific** 8.1.0

**Fitware Grade Level Standard**

Demonstrates the mature form for specialized skills and combinations during modified team and dance activities.

**Fitware Unit Level Standard**

**State Standard**

Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.

**Grade** 8            **FitwareNo** 1.0            **FitwareSpecific** 8.2.1

**Fitware Grade Level Standard**

Analyzes the effect of positive transfer on specialized skill improvement.

**Fitware Unit Level Standard**

**State Standard**

Identify strategies (critical elements) to improve performance of movement skills.

**Grade** 8            **FitwareNo** 2.1            **FitwareSpecific** 8.2.3

**Fitware Grade Level Standard**

Explains offensive/defensive strategies for invasion and field sports.

**Fitware Unit Level Standard**

**State Standard**

Describe basic strategies for simple and modified activities.

**Grade** 8            **FitwareNo** 3.1            **FitwareSpecific** 8.3.1

**Fitware Grade Level Standard**

Engages in moderate and vigorous physical activity for 5/60 minutes 5/6 days each week.

**Fitware Unit Level Standard**

**State Standard**

Participate regularly in moderate to vigorous physical activities to meet personal goals.

**Grade** 8            **FitwareNo** 3.2            **FitwareSpecific** 8.3.2

**Fitware Grade Level Standard**

Explains ways of increasing physical activity in routine daily activities.

**Fitware Unit Level Standard**

**State Standard**

Identify opportunities for physical activity outside of the physical education class.

**Grade** 8            **FitwareNo** 4.1            **FitwareSpecific** 8.4.1.01

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

Participates in fitness pre-assessment.

**State Standard**

Set goals for improving the components of personal health-related physical fitness.

**Grade** 8                    **FitwareNo** 4.2                    **FitwareSpecific** 8.4.2

**Fitware Grade Level Standard**

Designs a 2-week personal health-related fitness plan taking into account the possibility of inclement weather, minor injury, and/or travel.

**Fitware Unit Level Standard**

**State Standard**

Describe the principles of training and conditioning and how they affect the components of health-related fitness.

**Grade** 8                    **FitwareNo** 6.4                    **FitwareSpecific** 8.6.4

**Fitware Grade Level Standard**

Explains the cognitive and psychological benefits of regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Explain the relationship between a healthy lifestyle and regular participation in physical activities.

**Grade** 9                    **FitwareNo**                    **FitwareSpecific** 9.6.4

**Fitware Grade Level Standard**

Explains the role of physical activity in the prevention of disease and the reduction of health care costs.

**Fitware Unit Level Standard**

**State Standard**

Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so.

**Grade** 9                    **FitwareNo**                    **FitwareSpecific** 9.4.2

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

**State Standard**

Assess the benefits of participation in selected physical activities on the components of health-related physical fitness.

**Grade** 9                    **FitwareNo** 1.0                    **FitwareSpecific** 9.1.0

**Fitware Grade Level Standard**

Demonstrates proficiency for specialized skills and combinations during rhythms and dance, aquatics, and individual and dual sports.

**Fitware Unit Level Standard**

**State Standard**

Use combinations of specialized movement forms in a variety of activities, such as net and invasion games, field and target games, aquatics, dance, exercise, and gymnastics.

**Grade** 9                    **FitwareNo** 2.1                    **FitwareSpecific** 9.2.1

**Fitware Grade Level Standard**

Creates a practice plan for aquatics, rhythms/dance, and individual and dual activities.

**Fitware Unit Level Standard**

**State Standard**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.

**Grade** 9                    **FitwareNo** 2.1                    **FitwareSpecific** 10.2.3

**Fitware Grade Level Standard**

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

**Fitware Unit Level Standard**

**State Standard**

Evaluate tactics and strategies for modified and traditional activities.

**Grade** 9                    **FitwareNo** 2.1                    **FitwareSpecific** 9.2.2

**Fitware Grade Level Standard**

Explains the use of biomechanic principles in rhythm and dance, aquatics, and individual and dual sports.

**Fitware Unit Level Standard**

**State Standard**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.

**Grade** 9                    **FitwareNo** 2.1                    **FitwareSpecific** 9.2.3

**Fitware Grade Level Standard**

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

**Fitware Unit Level Standard**

**State Standard**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.

**Grade** 9                    **FitwareNo** 2.1                    **FitwareSpecific** 9.2.5

**Fitware Grade Level Standard**

Analyzes performance strategies for improved performance in rhythms and dance, aquatics, and individual and dual sports.

**Fitware Unit Level Standard**

**State Standard**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.

**Grade** 9                    **FitwareNo** 2.1                    **FitwareSpecific** 9.2.4

**Fitware Grade Level Standard**

Explains the skill-related components that enhance performance levels in rhythms and dance, aquatics, and individual and dual sports.

**Fitware Unit Level Standard**

**State Standard**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.

**Grade** 9                    **FitwareNo** 3.2                    **FitwareSpecific** 9.3.1

**Fitware Grade Level Standard**

Participates in moderate to vigorous physical activities at least four days each week.

**Fitware Unit Level Standard**

**State Standard**

Participate in a variety of physical activities of personal interest to maintain an active lifestyle.

**Grade** 9                    **FitwareNo** 4.1                    **FitwareSpecific** 9.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Set goals to improve personal fitness level based on various sources of information.

**Grade** 9                    **FitwareNo** 4.2                    **FitwareSpecific** 9.4.2

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness plan.

**Fitware Unit Level Standard**

**State Standard**

Demonstrate ways to improve personal fitness goals.

**Grade** 9                    **FitwareNo** 5.2                    **FitwareSpecific** 9.5.2

**Fitware Grade Level Standard**

Accepts personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.

**Fitware Unit Level Standard**

**State Standard**

Access the importance of rules and procedures for safe and fair play during physical activities.

**Grade** 10      **FitwareNo**      **FitwareSpecific** 10.6.4

**Fitware Grade Level Standard**

Evaluates the psychological benefits derived from regular participation in physical activity.

**Fitware Unit Level Standard**

**State Standard**

Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so.

**Grade** 10      **FitwareNo**      **FitwareSpecific** 10.4.2

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness for use as an adult.

**Fitware Unit Level Standard**

**State Standard**

Assess the benefits of participation in selected physical activities on the components of health-related physical fitness.

**Grade** 10      **FitwareNo** 1.0      **FitwareSpecific** 10.1.0

**Fitware Grade Level Standard**

Demonstrates proficiency for specialized skills and combinations during tumbling and gymnastics, combatives, and team sports.

**Fitware Unit Level Standard**

**State Standard**

Use combinations of specialized movement forms in a variety of activities, such as net and invasion games, field and target games, aquatics, dance, exercise, and gymnastics.

**Grade** 10      **FitwareNo** 2.1      **FitwareSpecific** 9.2.3

**Fitware Grade Level Standard**

Explains advanced offensive, defensive, and transition strategies in aquatics and individual and dual activities.

**Fitware Unit Level Standard**

**State Standard**

Evaluate tactics and strategies for modified and traditional activities.

**Grade** 10      **FitwareNo** 2.1      **FitwareSpecific** 10.2.1

**Fitware Grade Level Standard**

Creates a practice plan for combatives, gymnastics/tumbling, and team activities.

**Fitware Unit Level Standard**

**State Standard**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.

**Grade** 10      **FitwareNo** 2.1      **FitwareSpecific** 10.2.2

**Fitware Grade Level Standard**

Explains the use of biomechanic principles in tumbling and gymnastics, combatives, and team sports.

**Fitware Unit Level Standard**

**State Standard**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.

**Grade** 10      **FitwareNo** 2.1      **FitwareSpecific** 10.2.3

**Fitware Grade Level Standard**

Explains advanced offensive, defensive, and transition strategies in combatives, gymnastics/tumbling, and team sports.

**Fitware Unit Level Standard**

**State Standard**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.

**Grade** 10      **FitwareNo** 2.1      **FitwareSpecific** 10.2.5

**Fitware Grade Level Standard**

Analyzes performance strategies for improved performance in tumbling and gymnastics, combatives, and team sports.

**Fitware Unit Level Standard**

**State Standard**

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills.

**Grade** 10      **FitwareNo** 3.2      **FitwareSpecific** 10.3.1

**Fitware Grade Level Standard**

Participates in moderate to vigorous physical activities at least four days each week.

**Fitware Unit Level Standard**

**State Standard**

Participate in a variety of physical activities of personal interest to maintain an active lifestyle.

**Grade** 10      **FitwareNo** 4.1      **FitwareSpecific** 10.4.1

**Fitware Grade Level Standard**

Works toward a health-enhancing level of physical fitness.

**Fitware Unit Level Standard**

**State Standard**

Set goals to improve personal fitness level based on various sources of information.

**Grade** 10      **FitwareNo** 4.2      **FitwareSpecific** 10.4.2

**Fitware Grade Level Standard**

Develops a one-month personal physical fitness for use as an adult.

**Fitware Unit Level Standard**

**State Standard**

Demonstrate ways to improve personal fitness goals.